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INTERVALS

Merrimack Valley Striders Newsletter

Welcome to the September issue of Intervals.

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In Other News

The next races in the MVS 2011 Super Iron Runner Series

The Cape Cod Marathon Sunday
October 30, 2011
@8:30 AM

The Andover Country Club XC 3.5 mile race Sunday
November 27, 2011
Andover, MA

Pass it on

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MVS Spotlight on Larry Dube!

10 Questions with ...Larry, Merrimack Valley Strider
Hometown: Plaistow, NH
Role(s) as a club volunteer: Feaster Five parking captain, Boston Marathon packet stuffing
Interviewed by Amy Dalton

1) How long have you been running and what made you start?

I have been running for 28 years. I started running to keep in shape for football in high school and continued while I was in the US Navy.

2) How long have you been running with MVS?
I have been running with MVS for about 5 years.

3) What is your running sneaker of choice?
New Balance 122x series but I have been experimenting with the Vibram Five Fingers this past year.

4) What race if any are you currently training for?
The Cape Cod Marathon to complete the USATF-NE Grand Prix Series.

5) What is your proudest running moment?
Completing the Boston Marathon as my first marathon in 3:48.

6) What keeps you motivated?
Challenging myself to learn and experience new and different things.

7) If you're not running, what are you most likely doing?
Working. I also enjoy spending time with my kids, reading, playing golf and watching football.

8) Running with headphones - definitely or no way?
I listen to music when I run alone.

9) Favorite pre-run meal?
Bagel and a banana.

10) Why do you run?
I run to maintain a healthy lifestyle and I find that running helps me reduce



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stress. I also have met a lot of great people running.

EAT TO RUN, RUN TO EAT by Marcie Butler

Guacamole

Very easy recipe:

Mash up 4 avocados

Then in a food processor (or by hand) chop up 1/2 purple onion. One clove garlic. One jalapeño. Cilantro (as much or as little as you like). Add that to the avocado. Chop up 1-2 tomatoes by hand and add to mixture. Add one tablespoon of fresh squeezed lemon juice and sea salt to taste.



THE PUSHER by Steve Seide

If you have not experienced the post-activity pain and discomfort of pushing yourself beyond your comfort zone or the same from a sports related injury, you're definitely in the minority.

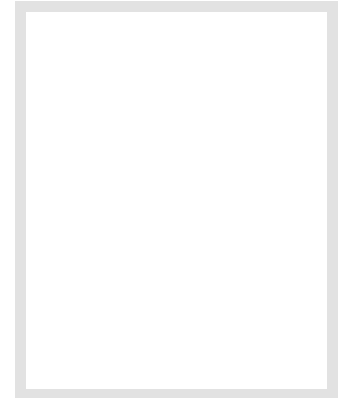
I learned the wonders of NSAID's (Non-steroidal anti-inflammatory drug) from my physician back in the 1980's. NSAID's are drugs with analgesic and antipyretic (fever-reducing) effects and which have, in higher doses, anti-inflammatory effects. (Interpret as taking two tablets or more – 100 mg per tablet) The common members of the NSAID group are aspirin, ibuprofen, and naproxen, all of which are available over the counter.

Ibuprofen has been my drug of choice – popping a couple after a hard workout or race and the pain and discomfort are gone – the inflammation is significantly reduced allowing you to resume activity sooner – what a wonder drug. However, they do not come without risk.

The two main adverse reactions relate to gastrointestinal and renal effects. Most NSAID's act as non-selective inhibitors of enzymes which act as messenger molecules in the process of inflammation (inhibit inflammation) but aspects of NSAID's remain unexplained. I guess what matters is that they work and the result is relief.

A little while back, I decided to not use Ibuprofen unless I was experiencing significant discomfort. So I was intrigued to see an article on the subject which supported this decision. (Inflammation Assists in Healing Wound's) This study was completed at the Cleveland Clinic - It goes on to say that inflammation occurs for a purpose and that treating it can actually be harmful. The study found that inflammation is produced by macrophage cells that produce a significant growth factor akin to insulin (which causes cells in the liver, muscle, and fat tissue to take up glucose) which greatly helps in muscle regeneration. Macrophage cells engulf and then digest cellular debris and pathogens and stimulate immune cells to respond.

The study observed that controlled inflammation is necessary for healing – too little can be as harmful as too much. This research has opened up a totally new avenue of thinking with muscle injury. However, I do need to



mention that this was an animal study. This doesn't mean it's not credible but that more testing needs to be done.

So what does one do about the potential discomfort? Instead of popping a NSAID, there are foods that have natural inflammation mitigation. Fish and berries are great sources of anti-inflammatory foods. Turmeric a spice has medicinal properties that relieve pain and inflammation. You can also get Turmeric in the supplement Curcumin. Fats within foods are a good source as long as they are omega-3 fats just in case you thought Dunkin Donuts or Woodman's was the answer. Their fats are omega-6 which can actually worsen your condition. The benefits of omega-3 fats extend beyond helping with inflammation as they can lower triglycerides, strengthen elasticity in blood vessels and play a vital role in metabolism. It may not be as convenient as popping a pill, but if the study is accurate – enduring the discomfort can actually assist with recovery.

You be the judge but the next time you're tempted to take NSAID's post activity, remember that inflammation has a purpose in helping with the healing process. Diet and supplements e.g. omega-3 can naturally help your body recover.

References:

FASEB Journal March 14,2011

Antibody & Beyond – macrophage markers

Wikipedia

RUNNERS, YOU HAVE TO LOVE THEM by Tom Licciardello

I have a neighbor who is a member of one of those religions that believes their primary job is to convert anyone who isn't part of their organization. We have a mutual respect centered on détente. She is convinced that sooner or later I'll come around. I'm convinced that sooner or later she'll tire of trying and leave me alone. We've danced this routine for years and neither of us seems to be tiring.



It's occurred to me that many of us runners just might be much like my neighbor. We're convinced that we've found the road to everlasting happiness. It's just that we'd rather be running on it.

For those of you who aren't runners, I apologize for my zeal and that of my fellow athletes. It's just that many of us started off as non-athletes in search of a way to lose a few pounds, or were trying to regain a lost physique, or maybe even to keep up with a spouse/girlfriend/boyfriend that had fallen under the spell of this running addiction. But for many of us who gave it a try, something strange happened.

Those first few runs were miserable. What seemed so simple – jogging around the block or running to some target location and back – became a battle. We sweat like it was the middle of a heat wave, even if it was cold; we panted like we were in the middle of a 100 meter sprint, even if we were only into 100 meters of a two mile run, and we ached the next morning like we had run a marathon.

But, for those who kept at it, a miracle happened. After five weeks of wondering, "Can I make it through another run?" we began to wonder "When

can I get my run in today?" Weight began to drop, the breathing became easier, there was more running and less walking, and the running route got longer.

But still, we didn't talk too much about our new life style. Who knew if we could keep at it? Then we pinned a number on for the first race. That changed everything.

For a few it was a preplanned crazy goal – perhaps run a marathon - but for most it was a local 5K that a friend talked us into entering. No matter how fast or slow we got to the finish line, we went from being a "jogger" to a "runner". We competed. We were athletes, some for the first time in their lives, some retaking a lost status from school days. And, man oh man, did it feel good!

So, that's how it started. That's why we bug our non-running friends to convert. But, in fairness, non-runners have to admit, we can be entertaining.

If you can bear it, listen in to some of the conversations runners have – it will leave you scratching your head, but amused.

Take, for example, the subject of...well, peeing. Who knew anyone could talk so much about it?

"Make sure you hydrate enough before the race. Check your urine – if it isn't clear, grab more Gatorade". Really?!?

"I bring an empty bottle to the starting line of the marathon...just in case I have to go again". Really?!?

"I have a favorite tree on my long run that I always use for a pit stop". Really?!?

Or how about runner's math. On a recent run, as we were trying to decide how far to go, my partner said, "Let's make it an even 15 miles?" Even? Really?!?

The only Americans to ever learn the metric system are runners. "I just ran a 15K." "That's great. I'm only up to 10K". Really?!? Non runners don't even know what a "K" is!

Then, there is dealing with pain. "That race was killer. There were so many hills, it was really hot, and I could barely walk for two days afterward. I've already signed up for next year." Really?!?

Yes, runners are convinced that those who don't run are missing a lot. My friends will tell you that I may be one of the worst of the zealots trying to convince the world to "give it a try" – and not just running:

"Yeow! I just did my first triathlon. You gotta try this".

"I'm on a gluten free diet and never felt better! You gotta try this"

"Have you tried P90X. It's a killer strength training program. You gotta try this".

"I just read 'Born to Run' and now I'm running barefoot! You gotta try this!"

"I just did the Spartan Race – running, mud, obstacles – brutal! You gotta try this!"

Is it any wonder one of my good training friends says, "Don't look into his eyes. He'll make you do crazy things!" Well, maybe, but, look into my eyes...try something totally crazy that takes you out of your comfort zone. Test yourself. You are an athlete. You might be a Spartan. All you need to do is go for a run! It's what I do when I see my "convert neighbor" coming.

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